

The Many Faces of the Art of Aging

By Bob Taylor

Some folks find aging a scary affair, a time to masquerade under heavy makeup or use potions with hoped-for magical powers. But Avon and other peddlers of youth enhancing creams and potions are selling dreams, not reality. Reality is wrinkles, fatigue, flab, failing ears and eyes and many other blessings that come with age. You know what these are because we are experiencing them. But it beats the alternative.

Some day a drug company may find a way to slow down the aging process, but like most other drugs, it will have side effects. Seniors of the future will have a choice to make. Use it and gamble on the side effects, or age as comfortably as possible without it. However, someday is pie in the sky. It is not reality. So, we must take our lumps, and learn to love our wrinkles, our flab and our pot bellies.

Look in your mirror, smile and say to yourself, "My wrinkles, my flab and my pot belly are the results of life's learning process. They are mementos life has awarded us for excesses we enjoyed over the years and for wrong choices we made during life's teaching process. Next time around, I shall try to do better."

Even those of us who go through life accumulating money, property and power also accumulate the other blessings mentioned. The brightest and the richest spend more to delay the aging process and may succeed temporarily, but their bladders are no more leak-proof than yours or mine.

Look in the mirror and say to your inner child, I wish to age with dignity, a healthy attitude and with my fair share of happiness and pain free ee health." Chances are, your inner child will answer, "You should have thought of that many happy Hall 'o weens ago."

"I did think of it a long time ago. I just didn't do anything about it. That was then, this is now and I understand that even though I'm getting older, life is good.